



# Santa Clara Senior Center NEWS

JUNE 2012

## Change to VTA's Monthly Bus Passes

As you know, VTA is transitioning to Clipper and will no longer accept monthly paper passes and RTC stickers as valid fare media on July 1, 2012. Current VTA riders who use these paper monthly passes and stickers are being urged to use Clipper now.



SANTA CLARA  
**Valley Transportation Authority**

Clipper is a regional transit "smart" card that keeps track of passes, discount tickets, and cash value and is accepted on SF Muni, BART, AC Transit, Caltrain, Samtrans, Golden Gate Transit and Ferry, and now, VTA.

As of July 1, 2012, VTA will discontinue the retail sale of paper monthly passes (and Senior/Disabled stickers) and will transition all monthly pass customers onto Clipper. With this transition, VTA's current network of consignees will mostly be replaced by the Walgreens drug store chain, and passes for June will be the last paper passes that VTA riders will receive.

For additional information about Clipper please visit [www.clippercard.com](http://www.clippercard.com) or [www.vta.org/clipper](http://www.vta.org/clipper). For any other questions or concerns, you may contact VTA directly at (408) 321-2300 or via email through [customer.service@vta.org](mailto:customer.service@vta.org). Thank you again for your support of public transportation in Santa Clara County.

## Did You Know?

### Transportation Options

Heart of The Valley Services for Seniors offers escorted transportation at no cost. Destinations throughout Santa Clara County can include doctor or dentist appointments, restaurants, visits to friends', shopping, beauty salons, and many more. Reservations must be made at least seven days in advance. For more information visit HOV online at [www.servicesforseniors.org](http://www.servicesforseniors.org) or call 408/241-1571.



Seniors (age 65+) who use VTA bus or light rail are entitled to a lower discounted senior fare. Boarding assistance can be provided and all bus and light rail vehicles are accessible to all. Sign up for free Travel Training (Mobility Options Program) to help you use the bus and light rail systems safely and confidently. For more information visit [www.vta.org](http://www.vta.org) or call 408/321-3200. Those unable to use VTA may be eligible for Outreach which offers door to door transportation. For more information visit [www.Outreach1.org](http://www.Outreach1.org) or call 408/436-2865.

The Santa Clara Police Department authorizes six cab companies to operate in Santa Clara. All go through a background investigation and annual safety inspections. For a list of authorized cab companies visit SCPD at [www.santaclaraca.org](http://www.santaclaraca.org) or phone 408/615-4700.

**Santa Clara Parks and Recreation Department**  
1303 Fremont St., Santa Clara, CA 95050  
(408) 615-3170 • [www.santaclaraca.gov](http://www.santaclaraca.gov) • [custservsrcenter@santaclaraca.gov](mailto:custservsrcenter@santaclaraca.gov)  
Monday–Friday 7:00 AM–5:00 PM • Saturday 9:00 AM–12:00 PM  
(The office closes 30 minutes prior to the building)



# SERVICES FOR SENIORS AVAILABLE AT THE SENIOR CENTER

All numbers are area code (408) unless otherwise noted.

|  | Provider  | Phone/Website   |
|--|---|---|
| <b>Care Management Services</b><br>Services available by appointment: in-home assessment, connection to community resources, service coordination.<br>Services available to City of Santa Clara seniors age 60+.   | <b>Santa Clara Parks &amp; Recreation and Council on Aging Silicon Valley</b> | <b>615-3170</b><br><b>www.santaclaraca.gov</b><br><b>www.coasiliconvalley.com</b> |
| <b>Health and Wellness Services</b><br>Services available by appointment: health education, healthcare coaching, social engagement, home visits, blood pressure.<br>Services available on drop in basis: blood pressure clinic Thursdays 9:30-11:30am Services available to City of Santa Clara seniors age 50+. | <b>Santa Clara Parks &amp; Recreation</b>                                     | <b>615-3170</b><br><b>www.santaclaraca.gov</b>                                    |
| <b>Health Insurance &amp; Medicare Counseling (HICAP)</b><br>Free information and assistance on Medicare related issues.<br>Tuesdays by appointment. Services available to anyone on Medicare.   | <b>Council on Aging Silicon Valley</b>  | <b>615-3170</b><br><b>www.coasiliconvalley.com</b>                                |
| <b>Senior Information and Resources</b><br>Information, resource, and referral services for seniors at home.<br>Services available to City of Santa Clara seniors age 50+  | <b>Santa Clara Parks &amp; Recreation</b>                                     | <b>615-3170</b><br><b>www.santaclaraca.gov</b>                                    |
| <b>Legal Assistance</b><br>Free legal assistance available two Wednesdays per month, by appointment Services available to Santa Clara County seniors age 60+   | <b>Senior Adult Legal Assistance (SALA)</b>                                   | <b>615-3170</b><br><b>www.sala.org</b>  |
| <b>Notary Service</b><br>Free service by appointment, Fridays 8:00-9:00am.<br>Signer must be present and provide government issued identification.<br>Services available to seniors age 50+  | <b>Volunteer</b>  | <b>615-3170</b><br><b>www.santaclaraca.gov</b>                                    |
| <b>Dining Out</b><br>Nutritionally balanced lunch served weekdays 11:30am.<br>Call one day ahead for reservations, \$2.50 donation.<br>Services available to Santa Clara County seniors age 60+.   | <b>Santa Clara Parks &amp; Recreation and Santa Clara County</b>              | <b>615-3174</b><br><b>www.santaclaraca.gov</b>                                    |
| <b>Tax Assistance</b><br>Offered throughout the year.  | <b>AARP volunteers</b>  | <b>615-3170</b>   |

**Additional resources for seniors are available online @ [www.santaclaraca.gov](http://www.santaclaraca.gov) or at the Senior Center.**

**AMERICANS WITH DISABILITIES ACT (ADA)** – In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modifications in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented products** to programs/activities at City facilities. Contact the Santa Clara Senior Center at (408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions, contact the City Clerk's office at (408) 615-2220.

# CLASSES

## Jazz Dance

**Tuesdays • 1:00–2:00 p.m.**

Come and dance your way to a healthier you! This class focuses on improving physical health and wellness through movement. Strengthen your balance, flexibility, memorization and gross motor coordination while enjoying upbeat music. Participants will learn simple dance technique, steps, combinations and routines in a fun and supportive atmosphere. Some exercises may include the use of chairs for props while sitting and / or standing. All abilities are welcome. **Instructor – S. Van Dyne**

## No Falls S.O.S.

**Tuesday and Thursday • 11:00–11:30 a.m.**

Register on a monthly basis; Santa Clara senior discount applies. **S**tretch, **O**bserve & **S**trengthen your way to decreasing the risk of falling. Class is designed to accommodate the needs of those with physical health and mobility challenges. Focusing on falls prevention, this class provides you with gentle exercises to develop and improve your balance, sense of equilibrium, flexibility, spatial awareness and core muscular strength. Improve your overall health and quality of life while decreasing the risk of falls. Some exercises will include the use of chairs for props while sitting and/or standing. All abilities welcome. Individuals utilizing mobility aides (walkers, wheelchairs, etc.) are encouraged to register. **Instructor – S. Van Dyne**

## Pilates Mat – Building the Foundation

**Tuesdays and Thursdays • 7:30–8:30 a.m.**

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow, exercise to exercise, in a manner that challenges, yet adapts to the needs of the participants. **Instructor – A. Strauss**

## Jazzercise with Jerome!

**Monday and Wednesday • 7:30–8:30 a.m.**

This fun, energizing jazz program consists of cardio, strength building, & stretching moves. Modifications to each routine are offered to meet the needs & fitness levels of all participants. **Instructor – J. Flowers**

## Zumba Gold® with Ginger

**Mondays • 10:00–10:45 a.m.**

**Wednesdays • 9:30–10:15 a.m. \*\*New Time – New Day\*\***

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in this upbeat, “fitness party.” Zumba Gold® with Ginger is a lower impact, easy-to-follow fitness class that keeps you in the groove of life! **Instructor – G. Wilson**

## Fitness for All

**Wednesdays • 10:30–11:15 a.m.**

Strengthen and tone your body to enhance overall health and physical fitness level. Gentle aerobic, toning and stretching exercises will improve your balance, flexibility, endurance, range of motion, sense of equilibrium and core muscular strength. Exercises will include chairs for props while sitting or standing. Class is designed to accommodate the needs of those with physical health and mobility challenges. All abilities are welcome. Individuals utilizing mobility aids (walkers, canes, wheelchairs, etc) are encouraged to register.

**Instructor – S. Van Dyne**

## Tai Chi for Life!

**Tuesdays & Thursdays • 8:45–9:45 a.m.**

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gentle and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. **Instructor - L. Scheer**

## Health Resources

**Wednesday, June 27, 2012 – 1:00-2:00 pm**

**Senior Center Computer Lab, Room 231**

Take a tour of the free Consumer Health Complete from the Library's website. Find information on many health topics including the medical treatments, food sciences and nutrition, childcare, sports medicine and general health. It provides access to nearly 80 full texts, consumer health magazines. **Instructor – B. Adams**

**Join us for exciting classes that are designed to energize & motivate you to increase your fitness & activity levels.**

Seniors of all ages\* & abilities are encouraged to register! For complete class descriptions, please refer to the Senior Center newsletter or the Recreation Activities Guide. \*Ages 50 & up

# HEALTH & WELLNESS, CARE MANAGEMENT

## June is Home Safety Month

Home accidents are a major source of injury for older people. The U.S. Consumer Product Safety Commission (CPSC) estimates nearly 1 million people over age 65 are treated in hospital emergency rooms each year for home-related injuries. The death rate from accidental injuries in the home is approximately three times greater for older people than for the younger population. Our senses tend to decline as we age. Our physical abilities are reduced and our judgment and reaction time slows down. These changes make us more prone to accidents. By taking precautions and making adjustments we can help to make our home safe. Check with the Health & Wellness Program for more information and for a Home Safety Checklist.

## Walk A Block

**Mondays & Wednesdays, 10am – 10:30am**

Join fellow walkers for as many self-paced laps around the block as you can manage in 30 minutes, starting from the front desk seating area at 10am. Make one easy change for a better “You” this week - get off the couch! Walking improves cardiovascular health and increases your endurance and strength for other types of exercise. Whether you’re counting steps (1,000 in one lap) or mileage (once around is 0.4 mile), or just want some company while burning calories, make a change for good at Walk A Block.

## From Age-ing to Sage-ing

**A 10 Week Transitions Support Group - Course #46009  
Mondays, 1pm - 2:30pm, Room 205, beginning June 4th**

Create a radically different aging process by using life experiences to combat the negative aspects of growing older, while building a life full of adventure, passion, and fulfillment. Based on concepts in the book of the same name by Zalman Schacter-Shalomi, this group will provide an avenue of support so you can access resources and eventually strengthen and enrich your life. Facilitated by supervised, pre-licensed therapists through partnership with Process Therapy Institute, a counseling and education-oriented non profit organization committed to enhancing self-awareness and improving the quality of relationships. Participation is free, but space is limited. Pre-registration at the front desk is required. Group meets weekly on Mondays, June 4 - August 6, 2012.

## Blood Pressure Clinic

**Thursdays 9:30–11:30 a.m.**

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

## Clutter Masters

**2nd & Last Thursday of each month 10:30 a.m.–12:00 p.m.**

If you are struggling to manage an overwhelming number of belongings, come join us for support and information. For more information, please call the Health & Wellness Program nurses. There is no fee and all are welcome to attend.

## Summer Wellness Series Begins June 12th

Classes are held on Tuesdays, 1pm-2pm, in Conference Room 205. Pre-registration is required. Each class costs \$6 or Santa Clara senior discount of \$5. Join us for some interesting discussion and up-to-date information!

### **Clutter 101 - June 12 #46162**

If you have so much stuff that it’s getting in your way, learn the difference between being a pack rat or collector and a more serious problem. We’ll discuss how to get help when “too much is too much.” *Instructor: Mallory von Kugelgen, RN, PHN.*

### **Healthy Eating After 50 - June 26 #46163**

We know we should eat healthy food, but what is a serving size and why do our favorite foods not taste the same anymore? We’ll look at making better food choices as we get older. *Instructor: Larisa Polozova, RN, MMS.*

### **Better Shut Eye - July 10 #46164**

Sleep patterns can change as we get older and the lack of good quality sleep may put you at risk for health problems. We’ll learn some strategies for improving sleep quality. *Instructor: Mallory von Kugelgen, RN, PHN.*

### **Arthritis - July 24 #46165**

Understanding the challenges that arthritis brings can help reduce stress and improve ways to cope. Learn strategies for adapting every day life to your abilities. Please wear comfortable shoes. *Instructors: Larisa Polozova, RN, MMS, and Renee Furtado, RTC, CTRS.*

### **Give Care and Take Care - August 7 #46166**

In this overview class for those caring for loved ones, we will discuss planning ahead, helpful legal documents to prepare and the options for support and respite. *Instructor: Mallory von Kugelgen, RN, PHN.*

### **Pain: Speak Up, Don’t Give Up - August 21 #46167**

Pain is real and should be taken seriously. We’ll learn ways to distinguish the type and severity of pain and discuss methods for eliminating or managing it. Don’t suffer in silence. Pain can be managed. *Instructor: Larisa Polozova, RN, MMS.*

# ALWAYS HAPPENING

## Ballroom Dancing

**Tuesdays and Thursdays • 7:30–10:30 p.m.**

Dancing is a great way to exercise, socialize, and connect with friends new and old. We dance on one of the best wooden floors in Santa Clara. The building is air conditioned and coffee, water, and sweets are served during intermissions. Free dance lessons (Waltz, Fox Trot, Latin and more) are offered from 6:30–7:30 p.m. Admission to the dances is \$6 when live bands play and \$5 when hosted by a DJ. On the first Tuesday of each month a selected couple demonstrates a dance of their choice during intermission and then we all line dance to Elvira and the polka. Check our monthly newsletter or visit our website for the monthly calendar which lists the bands and DJs who will perform ([www.santaclaraca.gov](http://www.santaclaraca.gov)).

## Dining Out

**Served Monday-Friday • 11:30 a.m. • \$2.50 donation.**

**Call our reservation hotline at (408) 615-3174**

Visit with old friends or make new ones while enjoying a nutritionally balanced hot lunch. Menus, constructed by a registered dietician with input from seniors, change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and

sandwiches. Please make your reservation no later than 11:30 a.m., one day prior to the day you would like to eat so that a meal can be ordered for you. Services available to Santa Clara County seniors age 60+. Fee for guests under the age of 60, is \$5.00.

## Drop-In Crafts

**Thursdays • 1:00-3:00 p.m. • Santa Clara Senior Center**


The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Your interests may include basketry, crochet, embroidery, calligraphy, knitting, drawing, origami, quilting or scrapbooking. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Enjoy seeing what others are creating and share tips and ideas! Crafters are expected to bring their own materials, and to clean up after themselves. Please, do not bring in projects that produce strong fumes (such as glues, paints or materials with toxic components). Finishing products are not allowed in the Senior Center. Please check with the front desk for the room assignment each week. All seniors, age 50+, are welcome. Space is limited; first come, first served. Storage space is not available at the Senior Center. Engage your brain as well as your creativity.

## Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying “on top your game”. Most games can accommodate any number of drop in players. Refer to the table below for more information on a game that interests you.
















| Game                                      | Day           | Time                                   | Location                          | Contact        | Drop Ins   |
|---|---------------|--|-----------------------------------|----------------|------------|
| Bingo                                     | Tue, Fri      | 12:15-2:30 p.m.                        | Auditorium                        | Staff 615-3170 | Welcome    |
| <b>Games, Games, Games</b>                |               |  |                                   |                |            |
| Mexican Train, Dominos, Cribbage and more | Mon, Wed,     | 1:00-3:00 p.m.                         | Auditorium                        | Staff 615-3170 | Welcome    |
| <b>Card Games</b>                         |               |  |                                   |                |            |
| Bridge, Intermediate                      | Mon, Wed, Fri | 12:30-3:00 p.m.                        | Mezzanine *Auditorium on 4th Wed* | Duane 246-9794 | Call first |
| Bridge, Intermediate                      | Tue           | 12:00-4:00 p.m.                        | Mezzanine                         | Manny 828-7741 | Welcome    |
| Bridge, Intermediate                      | Wed           | 9:00-11:30 a.m.                        | Mezzanine                         | Betty 248-3952 | Call first |
| Canasta                                   | Tue Sat       | 12:00-4:00 p.m.<br>9:00-11:30 a.m.     | Rm 232 • Mezzanine                | Staff 615-3170 | Welcome    |
| Pinochle                                  | Tue           | 12:00-4:00 p.m.                        | Rm 232                            | Staff 615-3170 | Welcome    |
| Poker                                     | Mon-Fri       | 7:30-10:00 a.m.                        | Mezzanine                         | Staff 615-3170 | Welcome    |
| <b>Active Games</b>                       |               |  |                                   |                |            |
| Wii                                       | Mon-Fri Sat   | 7:30 a.m.-4:30 p.m.<br>9:00-11:30 a.m. | Fitness Center                    | Staff 615-3170 | Welcome    |



| MONDAY   |  | TUESDAY  |  | WEDNESDAY   |  |
|--|--|--|--|---|--|
|    |  | <h1>June</h1>  |  |   |  |
| <b>4</b>   |  | <b>5</b>   |  | <b>6</b>  |  |
| Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Walk A Block 10-10:30<br>Games, Games, Games 1-3  |  | Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Wood Shop 8-12<br>Cards-Poker 8-10:30<br>Bridge/Pinochle/Canasta 12-3<br>Bingo 12:15-2:15<br><b>TGA Tuesday Dance – 7:30-10:30pm</b><br><b>10th Avenue Band</b>  |  | Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Bridge 9-11:30<br>Walk A Block 10-10:30<br>Games, Games, Games 1-3   |  |
| <b>11</b>  |  | <b>12</b>  |  | <b>13</b>   |  |
| Computer Lab/ Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Walk A Block 10-10:30<br>Games. Games, Games 1-3 |  | Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Wood Shop 8-12<br>Cards-Poker 8-10:30<br>Bridge/Pinochle/Canasta 12-3<br>Bingo 12:15-2:15<br><b>TGA Tuesday Dance – 7:30-10:30pm</b><br><b>Nob Hill Sounds - Theme: Western Dress, Boots &amp; Buckles</b>                 |  | Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Bridge 9-11:30<br>Walk A Block 10-10:30<br>Games, Games, Games 1-3   |  |
| <b>18</b>  |  | <b>19</b>  |  | <b>20</b>   |  |
| Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Walk A Block 10-10:30<br>Games, Games, Games 1-3  |  | <b>ADVENTURES TO GO:</b><br><b>SOLVANG GETAWAY 8:00</b><br>Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Wood Shop 8-12<br>Cards-Poker 8-10:30<br>Bridge/Pinochle/Canasta 12-3<br>Bingo 12:15-2:15<br><b>TGA Tuesday Dance – 7:30-10:30pm</b><br><b>Colin Dickie, DJ</b> |  | Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Bridge 9-11:30<br>Walk A Block 10-10:30<br>Games, Games, Games 1-3   |  |
| <b>25</b>  |  | <b>26</b>  |  | <b>27</b>   |  |
| Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Walk A Block 10-10:30<br>Games, Games, Games 1-3  |  | Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Wood Shop 8-12<br>Cards-Poker 8-10:30<br>Bridge/Pinochle/Canasta 12-3<br>Bingo 12:15-2:15<br><b>TGA Tuesday Dance – 7:30-10:30pm</b><br><b>The Casuals</b>   |  | <b>Let's Talk Travel! 12:30</b><br>Computer Lab 7-12:30, 2:30-4:30<br>CLOSED 12:30-2:30<br>Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Bridge 9-11:30<br>Walk A Block 10-10:30<br>Games, Games, Games 1-3 |  |

| THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|---|
|  | <b>1</b><br>Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Lapidary 9-1<br>Bingo 12:15-2:15                           | <b>2</b><br>Snack Bar, Computer Lab, Billiards 9-11:30  |
| <b>7</b><br><b>ADVENTURES TO GO:</b><br><b>THE CULT OF BEAUTY</b> 9:00<br>Computer Lab Closed<br>Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Wood Shop 8-12<br>Lapidary 9-1<br>Blood Pressure Drop-In 9:30-11:30<br><b>Thursday Night Dance</b><br><b>GERI FOLEY, DJ 7:30-10:30pm</b>                                      | <b>8</b><br>Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Lapidary 9-1<br>Bingo 12:15-2:15                           | <b>9</b><br>Snack Bar, Computer Lab, Billiards 9-11:30  |
| <b>14</b><br><b>ADVENTURES TO GO:</b><br><b>SALINAS AG-VENTURE</b> 9:00<br>Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Clutter Masters 10:30-12:00<br>Wood Shop 8-12<br>Lunch Meet 12:30<br>Lapidary 9-1<br>Blood Pressure Drop-In 9:30-11:30<br><b>Thursday Night Dance</b><br><b>LYRATONES 7:30-10:30pm</b> | <b>15</b><br><b>CENTER CLOSED</b><br><b>CITY FURLOUGH DAY</b><br><br><b>OPEN FOR DINING OUT ONLY</b><br><b>10:00 – 12:30</b> | <b>16</b><br>Snack Bar, Computer Lab, Billiards 9-11:30 |
| <b>21</b><br><b>Welcome Newcomers!</b> 10:30<br><b>Lunch Meet</b> 12:30<br>Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Wood Shop 8-12<br>Lapidary 9-1<br>Blood Pressure Drop-In 9:30-11:30<br><b>Thursday Night Dance</b><br><b>10th AVENU BAND 7:30-10:30pm</b>  | <b>22</b><br>Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Lapidary 9-1<br>Bingo 12:15-2:15                          | <b>23</b><br>Snack Bar, Computer Lab, Billiards 9-11:30 |
| <b>28</b><br><b>ADVENTURES TO GO:</b><br><b>CHUKCHANSI CASINO</b> 7:30<br>Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Cards-Poker 8-10:30<br>Clutter Masters 10:30-12:00<br>Wood Shop 8-12<br>Lapidary 9-1<br>Blood Pressure Drop-In 9:30-11:30<br><b>Thursday Night Dance</b><br><b>NOB HILL SOUNDS 7:30-10:30pm</b>                | <b>29</b><br>Computer Lab/Billiard Room 7-4:30<br>Snack Bar 8-4<br>Lapidary 9-1<br>Bingo 12:15-2:15                          | <b>30</b><br>Snack Bar, Computer Lab, Billiards 9-11:30 |

# DINING OUT

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
|  = Higher in sodium   |   |  |  |  <b>6/1</b><br>Roast Turkey w/Gravy<br>Whipped Potatoes w/Gravy<br>Mixed Vegetables<br>Mixed Fruit Crisp          |
|  |   |  |  |  |
| Week of 6/1 Alternative Meal — Santa Fe Chicken Salad or Vegetarian Bean Salad or Roast Beef Sandwich or Vegetarian Patty Burger   |   |  |  |  |
| <b>6/4</b><br>Roast Beef w/Gravy<br>Whipped Potatoes w/Gravy<br>Green Peas<br>Fortified Juice<br>Lemon Poppy seed Cake   |  <b>6/5</b><br>Home style Turkey Patty w/Gravy<br>Delmonico Potatoes<br>Calif. Blend Vegetables<br>Blushing Pear Cup | <b>6/6</b><br>Roast Pork Sandwich w/BBQ Sauce<br>Succotash<br>Tossed Salad w/French Dressing<br>Tropical Fruit Cup   |  <b>6/7</b><br>Spaghetti w/Meatballs<br>Minestrone Soup, Garlic Bread<br>Oregon Bean Medley<br>Marinated Zucchini Salad<br>Cantaloupe | <b>6/8</b><br>Honey Mustard Chicken<br>Seasoned Brown Rice<br>Broccoli Cuts<br>Tossed Salad w/Ranch Dressing<br>Fresh Fruit in Season<br>Ice Cream Cup   |
| Week of 6/4 Alternative Meal — Tuna Salad or Vegetarian Bean Salad or Turkey Sandwich or Vegetarian Patty Burger:                   |   |  |  |  |
| <b>6/11</b><br>Beef Salisbury Patty<br>Whipped Potatoes w/Gravy<br>Peas & Carrots<br>Fresh Orange<br>Sugar Cookie  |  <b>6/12</b><br>Chicken Fajita w/Cheese<br>Flour Tortilla<br>Pinto Beans<br>Fiesta Slaw<br>Pineapple & Peaches         |  <b>6/13</b><br>Roast Turkey w/Gravy<br>Corn Bread Dressing w/Gravy<br>Tossed Salad w/Thousand Island Dressing, Cut Green Beans<br>Citrus Fruit Cup<br>Oatmeal Raisin Cookie | <b>6/14</b><br>Beef Lasagna w/Cheese<br>Pinto Beans<br>Fiesta Slaw<br>Fresh Watermelon   |  <b>6/15</b><br>Chicken Salad<br>Tomato Bisque Soup<br>Mixed Greens & Tomato<br>Strawberries<br>Apple Streusel Cake |
| Week of 6/11 Alternative Meal — Chicken Pasta Salad or Vegetarian Cottage Cheese Salad or Tuna Sandwich or Vegetarian Patty Burger  |   |  |  |  |
|  <b>6/18</b><br>BBQ Chicken<br>Oven Baked Red Potatoes<br>California Blend Vegetables<br>Cantaloupe                                   | <b>6/19</b><br>Sweet & Sour Meatballs<br>Rotini Noodles<br>Green Beans<br>Spinach Romaine Salad<br>Fresh Watermelon   | <b>6/20</b><br>Roast Beef w/Gravy<br>French Bread<br>Raw Broccoli Salad<br>Diced Potatoes<br>Apple Pie   |  <b>6/21</b><br>Turkey & Cheese Sandwich<br>Vegetable Soup<br>Potato Salad<br>Marinated Spring Garden Salad<br>Fresh Banana             | <b>6/22</b><br>Baked Fish w/Lemon Sauce<br>Confiti Vegetable Rice Salad<br>Mixed Vegetables<br>Fresh Orange<br>Chocolate Chip Cookie   |
| Week of 6/18 Alternative Meal — Chef Salad or Vegetarian Cottage Cheese Salad or Patrami Sandwich or Vegetarian Patty Burger        |   |  |  |  |
| <b>6/25</b><br>Roast Turkey w/Gravy, Cranberry<br>Bread Stuffing<br>Capri Blend Vegetables<br>Rom Tossed Salad<br>Diet Fruited Gelatin   | <b>6/26</b><br>Baked Fish w/Tartar Sauce<br>Steamed Brown Rice<br>Green Peas<br>Romaine Iceberg Salad<br>Fortified Juice<br>Ice Cream Cup   |  <b>6/27</b><br>Crispy Oven Baked Chicken<br>Beef Barley Soup<br>Spinach<br>Mexicali Corn Salad<br>Fresh Banana<br>Chocolate Cake  |  <b>6/28</b><br>Cabbage Roll<br>Scalloped Potatoes<br>Italian Blend Vegetables<br>Fresh Melon Cup                                       | <b>6/29</b><br>Meatloaf w/Gravy<br>Corn Bread<br>Whipped Potatoes<br>Broccoli Cuts<br>Mixed Fruit Crisp  |
| Week of 6/25 Alternative Meal — Chicken Pasta Salad or Vegetarian Bean Salad or Roast Beef Sandwich or Vegetarian Patty Burger      |   |  |  |  |



# ALWAYS HAPPENING

## A Few Good Men

**Fridays • 12:30–2:00 p.m.**

Need to get out of the house and enjoy the company of a few other good men? Join other men as they share some stories, explore the process of getting older and learn about their health.

## Santa Clara Women's League

**2nd Tuesday of each month • 1:00 p.m.**

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

## Lapidary

**Thursdays and Fridays • 9:00 a.m.–1:00 p.m.**

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. Registration/Release is needed to participate. *(Donations accepted are used to replenish consumable lapidary supplies).*

## Woodshop

**Tuesdays and Thursdays • 8:00 a.m.–12:00 p.m.**

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. *(Donations accepted are used to replenish consumable woodshop supplies)*

## Woodshop Orientation

**June 6 & 20 • 9:30–11:30 a.m. • \$10**

This orientation is intended to provide a basic introduction to the hand tools, power tools and machines available for use. It is an introduction to operational and safety procedures of the Senior Center's woodshop. New users will be shown where to find materials and equipment in the Woodshop. Set up procedures and clean up procedures will be reviewed with students as well. Woodshop Classes will be offered soon! Make sure you are ready and sign up for your orientation now!

## Welcome Newcomers

**3rd Thursday of each month**

**10:30–11:30 a.m. • Rm 205**

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No preregistration is necessary.

## Senior Advisory Commission

The Senior Advisory Commission consists of seven Santa Clara seniors who meet monthly, along with City staff, to discuss community-wide issues which impact seniors. Information is presented and shared and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. The role of the Commission is to make recommendations to the City Council on policy issues important to all seniors in our community. Commission members include Dwight Collins, Arlyne Diamond Ph.D, Barbara A. (Bobbi) Estrada, Frank Kadlecek, Donna Marencia, Alice Pivacek, and Chuck Roberts.

**Meetings:**

**4th Monday of each month-10:00 a.m. • Rm 232**

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at [www.santaclaraca.gov](http://www.santaclaraca.gov). You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

## Lunch Meet

**Thursday June 21, 2012 12:30 – 1:30 p.m. Room 205**

***Healthy Steps In Silicon Valley***

The Health Trust will share ideas to help us stay hale and hearty, including:

- How to increase energy and improve sleep.
- How to prevent or manage diabetes, arthritis and high blood pressure.
- Tips to prevent falls.
- Free and affordable resources for fitness groups, home help, and care-giving support.
- Fun ways to stay active at home and in the community.

Each person who attends will receive a health resources guidebook. All are welcome to attend this free drop-in program. Bring your lunch if you'd like.

# FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

## The Fitness Room and Natatorium are open

Monday–Friday 7:00 a.m.–4:30 p.m.

Saturday 9:00–11:30 a.m.

(Please check the schedule for when the Natatorium is closed for classes or cleaning)

## Fitness Center Orientation

Do you have questions about how to use a machine properly? If you are new to the Fitness Center, please watch the “Fitness Center Orientation Video.” The video walks you through the Fitness Center and shows you how to properly use each piece of equipment. The video can be watched any time the Senior Center is open.

## Sharing is Caring

We’re happy our pools are well used by Santa Clara seniors. Between 1,500-2,000 senior swimmers use the pools each month. We have three lanes in which to accommodate walkers and swimmers of all abilities. Our goal in the Natatorium is to provide a safe and welcome environment where all can accomplish their fitness goals. You can help us be successful by doing the following when you are using the pools:

- empathize with seniors of all ages and abilities who share this space,
- practice patience when sharing a lane,
- approach your fellow swimmers calmly and politely if you have a concern,
- follow the pool rules for everyone’s health and safety.

So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

**Lap Pool:** Water temperature ranges from 81-84° F.

**Warm Water Pool:** Water temperature ranges from 90-94° F.

**Spa:** Water temperature ranges from 97-101° F.



## Walkers Are Welcome!

*Lane #1 is reserved for participants wishing to walk or water jog during the following days and times:*

*Monday: 7:00 a.m.–1:30 p.m. • Wednesday & Friday: 7:00–10:00 a.m. and 11:00 a.m.–1:30 p.m.*

*Tuesday & Thursday: 3:00–4:30 p.m.*

*Lanes #2 and #3 are always designated for swimmers only.*

## Open Lap Pool Schedule

| Monday        | Tuesday       | Wednesday      | Thursday      | Friday         | Saturday     |
|---------------|---------------|----------------|---------------|----------------|--------------|
| 7:00am-1:30pm | 7:00am-1:30pm | 7:00-10:00am   | 7:00am-1:30pm | 7:00-10:00am   | 9:00–11:30am |
|               |               | 11:00am-1:30pm |               | 11:00am-1:30pm |              |
| 3:00-4:30pm   | 3:00-4:30pm   | 3:00-4:30pm    | 3:00-4:30pm   | 3:00-4:30pm    |              |

## Open Warm Water Pool Schedule

| Monday       | Tuesday      | Wednesday    | Thursday     | Friday       | Saturday     |
|--------------|--------------|--------------|--------------|--------------|--------------|
| 7:00-9:00am  | 7:00-9:00am  | 7:00-9:00am  | 7:00-9:00am  | 7:00-9:00am  | 9:00–11:30am |
| 12:30-1:30pm | 12:30-1:30pm | 12:30-1:30pm | 12:30-1:30pm | 12:30-1:30pm |              |
| 3:00-4:30pm  |              | 3:00-4:30pm  |              | 3:00-4:30pm  |              |

# ADVENTURES TO GO

## Adventures to Go...carefree travel for ages 50 plus

Try it! We think you'll like it. The Senior Center travel program, Adventures to Go, offers a wide variety of options for travelers 50 years and up. Embark on a day or overnight "adventure" to different locations throughout California. A monthly Adventures to Go newsletter with details for all our upcoming trips is available at the Senior Center or online at [www.santaclaraca.gov](http://www.santaclaraca.gov). Drop by the Senior Center or call (408) 615-3170 for registration information.

**Senior Center Registration Form:** Travelers are required to complete a new registration form and sign a liability release each calendar year. Forms are available at the Senior Center, and must be completed and submitted to the Senior Center office prior to participation in the travel program.

**Adventures to Go Participation Guidelines:** For Trip Registration procedures, Refund Policy, Travel Insurance recommendations, and Health and Physical Considerations, see the Santa Clara Senior Center Participation Guidelines, available at the Senior Center.

**Trip Pick-Up/Drop-Off Area:** Parking lot by the old police station at City Hall, located near the corner of Civic Center Drive and Lincoln Avenue in Santa Clara. Please arrive at least 15 minutes before trip departure for check-in. Motor coach will leave promptly at time specified.

**Gratuities:** All trip fees include a modest gratuity for the driver of the motor coach and servers at hosted meals, where applicable. When you experience exceptional service, you may choose to tip an additional amount. City of Santa Clara employees and tour escorts cannot accept gratuities.

## Day/Overnight Trips

*The Cult of Beauty, June 7*  
*Salinas Ag-Venture, June 14*  
*Solvang Getaway, June 19-21*  
*Chukchansi Casino, June 28*  
*Day In Sausalito, July 10 (optional: lunch at Spinnaker)*  
*Shadowbrook & Annieglass Studio, July 20*  
*SF Giants vs. LA Dodgers, July 29*  
*Tachi Palace Casino, August 2*  
*Wonders of Big Sur, August 7*  
*Les Misérables, August 15*  
*Up on the Roof, August 21*  
*Cache Creek, August 28*  
*War Horse, September 9*  
*Day In Monterey, September 4*  
*Santa Cruz Follies, September 13*  
*SF Giants vs. San Diego Padres, September 23*  
*Mendocino Getaway, October 15-18*

## New Trips

New trips were released at Let's Talk Travel on May 23. Santa Clara Resident Registration began at that time. Non-resident Registration began on the following Monday. See the June 2012 issue of the *Adventures To Go* Newsletter for detailed trip information. You may pick up a copy at the Senior Center or view it online at: [www.santaclaraca.gov](http://www.santaclaraca.gov) under Parks & Recreation and Senior Center.

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*The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.*

## Salinas Ag-Venture

**No. 45988 • Thursday, June 14 • \$105 per person**

**Activity level: HIGH – approx. 1 hour drive; long periods of standing with walking on uneven ground. Wear comfortable walking shoes, dress in layers for cool and warm weather.**

During the summer months, Monterey County vegetable production includes artichokes, broccoli, greenhouse nurseries (ornamental flowers, vegetable transplants), lettuce, cauliflower, spinach, wine grapes, asparagus, kale, green onions, leek and many other crops. This full day tour will include an expert guide who will discuss and answer questions about Monterey County's agriculture industry, otherwise known as the "Salad Bowl of the World." Our day will include a visit to Pezzini Farms, Paraiso Winery for a vineyard walk, wine tasting, and a hosted barbecue lunch. At "The Farm" we will enjoy a wagon ride and receive one bag of farm fresh produce to take home. **Bus leaves promptly at 9:00 AM and returns at approximately 5:00 PM.**



## ADVENTURES TO GO

*The following trips were available at the time this publication was printed. For a complete listing of trips, see the Adventures To Go Newsletter. Contact the Senior Center for registration information.*

### Chukchansi Casino

**No. 46023 • Thursday, June 28 • \$40 per person**

*Activity level: MEDIUM – approx. 3 hour drive; periods of walking, standing, and sitting.*

Enjoy a 5-hour stay at Chukchansi in Coarsegold, one of the most exciting gaming destinations in California. Receive a casino bonus of \$10 EZ play and a \$5 food credit; bonuses subject to change without notice. Please remember your valid **photo ID to collect any bonuses, winnings, or rewards. Bus leaves promptly at 7:30 AM and returns at approximately 6:30 PM.**

### SF Giants vs. LA Dodgers

**No. 45882 • Sunday, July 29 • \$98 per person**

*Activity level: MEDIUM – approx. 1 hour drive; long walk to seats from bus; stairs.*

What better way to spend a day than to see the Giants take on their arch-rivals, the Dodgers, at AT&T Park in San Francisco. We will arrive at the ballpark early to give you plenty of time to explore the area and purchase food before the game begins at 1:05 PM. We will be dropped off at the entrance near the Orlando Cepeda statue for easy access to our lower box seats located in a shaded area by left field. Please note: Game time is subject to change for television coverage; you will be notified if game time changes. **Bus leaves promptly at 10:00 AM and returns at approximately 6:00 PM.**

### Tachi Palace Casino

**No. 46169 • Thursday, August 2 • \$40 per person**

*Activity level: MEDIUM – approx. 3 1/2 hour drive with rest stop; periods of walking, standing, and sitting.*

Tachi Palace Hotel and Casino is situated in the heart of the South Valley in Lemoore and features a full-size casino. You can play the slots or table games, and take a break to enjoy a meal at one of the restaurants on the premises. The Coyote Grill offers daily Senior Menu Specials with menu items under \$10. Casino Bonus: \$10 Tachi cash and \$5 food credit. Due to the length of the drive, there will be a 30-minute rest stop each way. **Bus leaves promptly at 7:30 AM and returns at approximately 7:00 PM.**

### Les Misérables

**No. 46027 • Wednesday, August 15 • \$108 per person**

*Activity level: MEDIUM – approx. 1 hour drive; long period of sitting.*

Les Misérables has improved with age as you will see from our orchestra seating at the Orpheum Theatre in San Francisco. This new 25th anniversary production of the legendary musical brings glorious new staging and dazzling re-imagined scenery, inspired by the paintings of Victor Hugo, to the stage. The magnificent score includes classic songs such as "I Dreamed A Dream," "On My Own," "Stars," "Bring Him Home," and "Do You Hear the People Sing." Victor Hugo's epic story about the survival of the human spirit lives on in this spectacular production that has been acclaimed by critics, fans and new audiences, and breaking box office records wherever it goes. **Bus leaves promptly at 12:00 PM and returns at approximately 7:00 PM.**

### War Horse

**No. 46172 • Sunday, September 9 • \$127 per person**

*Activity level: MEDIUM – approx. 1 hour drive; long period of sitting.*

The National Theatre of Great Britain production of "War Horse" is the most anticipated drama to cross the Atlantic this season. Hailed by the New York Times as "theatrical magic," War Horse is the powerful story of a young boy who follows his beloved horse into battle during World War I. Joey, the horse, is caught in enemy crossfire and ends up serving both sides of the war before landing in no man's land. Albert, the young boy, is not old enough to enlist but embarks on a treacherous mission to find his horse and bring him home. What follows is a remarkable tale of courage, loyalty and friendship, told with some of the most innovative stagecraft of our time. War Horse is the recipient of six 2011 Tony ® Awards, including best play. Don't miss this last performance at the Curran from orchestra seating. **Bus leaves promptly at 12:00 PM and returns at approximately 6:30 PM.**

### Let's Talk Travel!

**June 27 • 12:30 p.m. Presentation: Mendocino Getaway**

Join us and Let's Talk Travel! We meet on the fourth Wednesday of each month at 12:30 p.m. in the Mezzanine. Come and learn more about upcoming tours, see travel presentations, or just to talk travel. Santa Clara residents can register for newly released tours following Let's Talk Travel. Call (408) 615-3170 for more information.